

Recommended Skills for cognitive behavior therapy (CBT) for depression

A cognitive behavioral (CBT) therapist will demonstrate the ability to skillfully do the following:

- Work Collaboratively with clients
- Provide Psycho-education about depression, causes and treatment
- Present a CBT formulation of depression - generally
- Develop a client-specific case-conceptualization and present the CBT formulation that is relevant to the particular client.
- Routinely conduct Mood Monitoring – identify highs and lows
- Be Socratic
- Use Thought Records to monitor Automatic Thoughts and Cognitive Distortions
- Link Affect, Behavior and Cognition
- Activity Scheduling to increase Pleasure and Mastery experiences
- Teach Cognitive Restructuring and other strategies for evaluating problematic thoughts
- Use schema change interventions such as historical review and positive data logs
- Work collaboratively with clients to conduct behavioral experiments
- Emotion Regulation
- Relaxation
- Problem Solving
- Relapse Prevention